Chicken, Sweet Potato, and Carrot Packets

Servings: 4
Serving Size: ½ chicken breast and 1 cup vegetables

Ingredients:

2 boneless chicken breasts, each cut in half to make 4 pieces
2 sweet potatoes, washed, peeled and cut in thick slices
4 carrots, washed, peeled and cut in thick slices
1 teaspoon Italian seasoning
Cooking oil spray

Directions:

1. Preheat oven to 350 degrees.
2. Spray 4 large pieces of foil with cooking oil spray.
3. Place 1 cup of vegetables on each foil piece and top with 1 piece of chicken.
4. Sprinkle seasoning on each piece of chicken.
5. Fold and seal foil to make a packet. Place on baking sheet and bake in oven for 30-45 minutes until chicken is cooked through.

Nutrition Facts

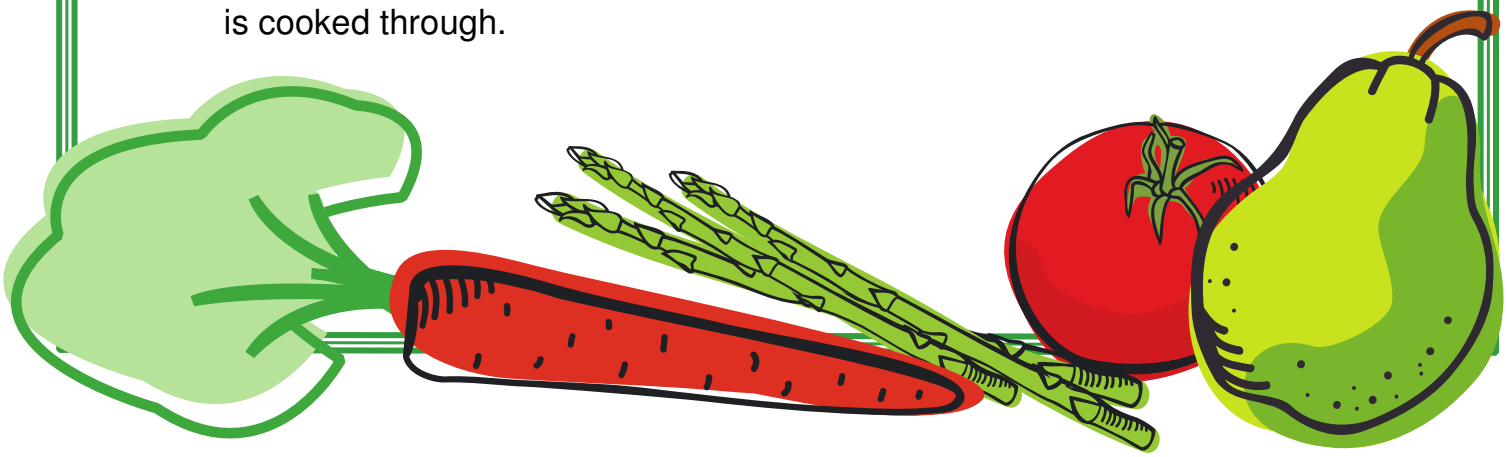
Serving Size 1 packet
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 110mg	**5%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 15g	
Vitamin A 390% • Vitamin C 8%	
Calcium 4% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at https://mydhrbenefits.dhr.state.md.us/.

FSNE

UNIVERSITY OF MARYLAND EXTENSION
Solutions in your community